

## MONTHLY REMINDERS

### TRAININGS/CLASSES

Minot Office:

#### KICK START-QUIT TOBACCO

APR 18 / MAY 16 / JUN 20  
6:30PM - 8:30PM

#### FOOD SAFETY

APR 2 / MAY 7 / JUN 4  
4:00PM - 8:00PM  
APR 3 / MAY 8 / JUN 5  
9:00AM - 1:00PM

#### RESPONSIBLE BEVERAGE SERVER TRAINING

APR 4 / MAY 2 / JUN 7  
5:00PM - 7:00PM

Sunday Classes Available!  
(Check our website for dates & times)

Other Locations:

#### Free Car Seat Safety Checks 3PM-6PM



**Ryan Nissan**

3915 S. Broadway, Minot

May 14  
June 11



## NOTICES

OFFICES CLOSED

APRIL 19 - GOOD FRIDAY



**National Public Health Week**  
www.nphw.org

JOIN US ON FACEBOOK  
APRIL 1-7, 2019  
AND HELP US CELEBRATE  
PUBLIC HEALTH WEEK!

facebook



FOR POSSIBLE DATE/TIME  
CHANGES PLEASE VISIT  
[WWW.FDHU.ORG](http://WWW.FDHU.ORG)

Nationwide

78%

In the past year alone vaping among High School Students increased

# E-CIGS

## A CAUSE FOR CONCERN IN YOUTH

While traditional cigarettes remain popular among adults, today's youth tobacco users favor flavored tobacco. Flavored tobacco can be used in mentholated cigarettes, cigars, hookahs, or Electronic Nicotine Delivery Systems (ENDS). Over the last decade ENDS have gained popularity and, *in 2017 studies show that ENDS are the most commonly used tobacco product among high school students.*

"Once I turned 18, classmates I didn't even know asked me to buy for them." - CHLOE



There are more than 460 ENDS products on the market with over 7000 flavors of E-liquids to choose from. ENDS devices are usually powered by a battery, contain an E-liquid (most contain nicotine and some contain THC), and go by many names such as: e-cigs, cigalikes, vaporizers, e-hookahs, tanks, mods and JUULs.

### Nicotine Poisoning

One JUUL pod contains as much nicotine as a pack of cigarettes. This powerful E-liquid can cause nicotine poisoning. Symptoms include: severe stomach pain, vomiting, headache, difficulty breathing, fast heart rate and high blood pressure, dizziness, seizures and death.

JUUL is the most popular e-cig brand among youth and young adults: 8% of young people ages 15-24 used JUUL in 2017. *Teens are 16 times more likely to use JUUL compared to 25 to 34-year-olds.* JUULing is popular among teens because most resemble a USB port which makes it easy to conceal, and they are rechargeable. JUULs have a greater nicotine content and the JUUL pods are less expensive when compared to traditional cigarettes. Due to lack of regulations on ENDS devices, JUULs have been available not only at tobacco and vape shops, but gas stations and convenience stores. One JUUL pod contains as much nicotine as a pack of cigarettes and cost about

### Common Myths Vs Facts

**Myth:** "My vape says it's nicotine-free. There's no way I'll become addicted." **Fact:** Some vapes that claim they are nicotine-free are not.

**Myth:** "It's just water vapor." **Fact:** It's not. Vaping can expose lungs to harmful chemicals like formaldehyde, diacetyl and acrolein, as well as toxic metal particles like nickel, tin and lead.

**Myth:** "Just because I vape doesn't mean I'm going to smoke cigarettes." **Fact:** Research shows teens who vape are more likely to try smoking cigarettes.

\$16/4-pack. Most youth users obtain the product from friends, family, other students, and online. A student from one of our area schools said "Once I turned 18, classmates I didn't even know asked me to buy for them."

FDHU is currently working with staff in area schools to help increase awareness. At this time these devices are not defined as tobacco products under the ND Century Code.

For More Information: [www.cdc.gov](http://www.cdc.gov)

BOTTINEAU - 228-3101  
BOWBELLS - 377-2316  
GARRISON - 463-2641

KENMARE - 385-4328  
MCCLUSKY - 363-2506  
MINOT - 852-1376

MOHALL - 756-6383  
TOWNER - 537-5732  
WASHBURN - 462-3330

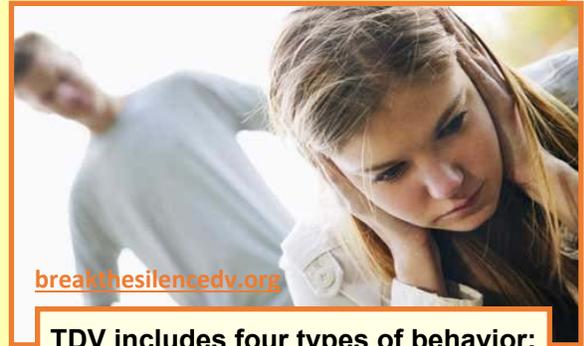
# TEEN DATING VIOLENCE

**Teen Dating Violence (TDV)** is a type of intimate partner violence. It occurs between two people in a close relationship. TDV affects millions of teens in the U.S. each year. Data from CDC's Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey indicate :

- ✓ Nearly 1 in 9 female teens and approximately 1 in 13 male teens report having experienced physical dating violence in the last year.
- ✓ Over 1 in 7 female teens and nearly 1 in 19 male teens report having experienced sexual dating violence in the last year.
- ✓ 23% of women and 14% of men who were victims of contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime first experienced these or other forms of violence by that partner before age 18.

Dating violence can take place in person or electronically, such as repeated texting or posting sexual pictures of a partner online without consent. Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name-calling, are a "normal" part of a relationship, but these behaviors can become abusive and develop into serious forms of violence. However, many teens do not report unhealthy behaviors because they are afraid to tell family and friends. **If you have questions about dating in general or a specific relationship, or if you are in an unhealthy or abusive relationship, help is available.**

chat online at [loveisrespect.org](http://loveisrespect.org)  
text **loveis** to **22522**  
or call **1.866.331.947**



[breakthesilentdv.org](http://breakthesilentdv.org)

**TDV includes four types of behavior:**

**Physical violence** is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.

**Sexual violence** is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.

**Stalking** is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.

**Psychological aggression** is the use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or exert control over another person.

Information found on: [www.cdc.org](http://www.cdc.org) [www.loveisrespect.org](http://www.loveisrespect.org)



## GOOD NEIGHBOR PROJECT SYRINGE SERVICE PROGRAM



**NO APPOINTMENT NEEDED  
WALK-IN THURSDAYS 1:30PM-3:30PM**

Days and times may vary depending on demand for the program, holidays, and weather closings. Watch our Facebook page and website for up-to-date information.

### STRICTLY CONFIDENTIAL SERVICE

The Minot Good Neighbor project is a community-based public health prevention program providing harm reduction services to people 18 years of age and older who inject psychoactive drugs.

- Free Service/Donations Accepted
- Syringes/needles, supplies, disposal containers for syringes, safe sex kits and wound care kits
- Disposal of used syringes for program clients
- HIV and Hepatitis testing
- Naloxone to reverse opioid overdoses
- Education and training on drug overdose response, risk reduction and treatment including the administration of overdose reversal medication
- Referral for substance use disorder treatment and wound care

801 11th Ave. SW | Minot, ND | 701-837-5154 | [www.fdhhu.org](http://www.fdhhu.org)

## Community Benefits

**Syringe Service Programs (SSP's)** help in **Harm reduction**—which is a public health strategy aimed at reducing risks that come with substance use disorder.

- ⇒ SSP's are a critical tool in fighting the HIV/AIDS and viral hepatitis epidemic.
- ⇒ According to the Centers for Disease Control and Prevention, participants in SSP's are five times more likely to enter drug treatment programs. They're 3.5 times more likely to stop injecting drugs.
- ⇒ Intravenous drug users are twice as likely to be unaware of their HIV status as the general public.
- ⇒ SSP's do not encourage drug use, and in fact, actively engage those that they serve in mental health and drug treatment programs.
- ⇒ Investing in syringe service is extremely cost effective, saving hundreds of thousands of dollars in lifetime medical costs for each HIV infection averted.
- ⇒ Syringe service programs are universally supported by major public health institutions, including the American Medical Association, the Centers for Disease Control and Prevention and the American Academy of Pediatrics.